



Skrie Salmon

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon anise seed
- 3 tablespoons butter melted
- 0.1 teaspoon mint leaves dried crushed
- 0.8 teaspoon honey
- 3 strips lemon zest
- 2 pounds salmon fillet
- 1.3 cups water divided

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small saucepan, stir together anise seeds and mint. Stir in 1 cup water, and bring to a boil over high heat. Boil 5 minutes, then stir in honey. Continue to boil until most of the water has boiled off.
- Remove from heat, and stir in remaining 1/4 cup water.
- Place lemon strips in a bowl, and pour melted butter over the strips.
- Let sit 5 minutes.
- Place salmon on baking sheet.
- Brush thoroughly with anise sauce.
- Place in a preheated oven, and bake until done, about 15 minutes.
- Remove from oven, and brush liberally with lemon butter.

Nutrition Facts

PROTEIN 46.06% **FAT 52.63%** **CARBS 1.31%**

Properties

Glycemic Index:26.82, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:29.566521684761%

Nutrients (% of daily need)

Calories: 402.14kcal (20.11%), Fat: 22.92g (35.26%), Saturated Fat: 7.62g (47.64%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.17g (0.43%), Sugar: 1.12g (1.24%), Cholesterol: 147.31mg (49.1%), Sodium: 171.17mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.13g (90.25%), Vitamin B12: 7.23µg (120.5%), Selenium: 82.91µg (118.44%), Vitamin B6: 1.86mg (92.92%), Vitamin B3: 17.84mg (89.2%), Vitamin B2: 0.87mg (51%), Phosphorus: 456.85mg (45.68%), Vitamin B5: 3.79mg (37.9%), Vitamin B1: 0.51mg (34.27%), Potassium: 1117.81mg (31.94%), Copper: 0.58mg (29.07%), Magnesium: 67.17mg (16.79%), Folate: 57.23µg (14.31%), Iron: 1.89mg (10.49%), Zinc: 1.48mg (9.87%), Vitamin A: 355.53IU (7.11%), Calcium: 34.08mg (3.41%), Manganese: 0.04mg (2.1%), Vitamin E:

0.25mg (1.64%), Vitamin C: 1mg (1.21%)